

Your Breastfed Infant in the Child Care Setting... continued

■ Providing breastmilk to the care provider every day to feed your baby.

■ Remind your partner or other support people that they can help you relax during feedings by reducing the outside distractions and by being supportive about you breastfeeding the baby.

Reminder: There are many sources of breastfeeding information and support available to you. There is a list of resources in this packet and individuals who can be contacted whenever you have a question, they are there for you!!

Storage and handling breastmilk

■ Proper handling and adequate cold storage of breastmilk assures safe feedings for your baby while away from you.

■ Always wash your hands before expressing or handling breastmilk.

■ Proper cleaning of your breastpump after each use prevents germs from growing.

■ Express breastmilk into clear glass or plastic bottles with caps. Freezer safe, plastic bottle liners may be used but can't be filled to the top as they may split open when frozen.

■ Label each container of breastmilk with your baby's name, the date expressed, and the number of ounces of milk.

■ Refrigerate breastmilk. If no refrigerator is available, store with an ice pack or on ice until you're able to refrigerate or freeze.

■ Cooled, fresh breastmilk can be added to frozen breastmilk (one time) as long as thawing does not occur. Return it to the freezer immediately.

■ Thaw frozen breastmilk under warm running water or in a pan of warm water. ***Do Not Microwave Breastmilk!*** Microwaving can destroy protective factors present in breastmilk and can create hot spots in the milk, which can burn your baby's mouth.

■ Have your care provider rotate storage containers so breastmilk with the earliest date is used first.

■ To avoid wasting breastmilk store it in 2-4 ounce quantities per container. Small quantities thaw and warm up more quickly, and less milk will be left if your baby does not take it all. You may need to combine several containers of breastmilk to equal the number of ounces your baby needs for each feeding.

Guidelines for Storing Breastmilk

Room temperature: 8 hours

Refrigerator: (32°-39°F or 0°-4°C) 2-8 days (maximum)

Freezer compartment inside refrigerator: 2 weeks

Freezer compartment above, below, or next to the refrigerator: 3-6 months

Deep freezer less than 0°F: 6-12 months

Sources for storing breastmilk: *"The Breastfeeding Answer Book."* La Leche League International, 1997 (p.188).

"Breastfeeding Management, A Quick Reference Guide for Physicians." American Academy of Pediatrics, Pediatric Nutrition Handbook, 1998 (p. 16).

Storage of breastmilk

All stored breastmilk should be labeled and dated. Defrosted milk can be safely refrigerated for up to 24 hours. It should not be refrozen. Talk to your health care provider about storing your breastmilk if your baby is ill or premature.

Additional information

Growth Spurts

Growth spurts occur with breastfed babies just as they do with formula fed babies, normally at approximately six weeks, three months and six months. You, the breastfeeding

mother, will notice the growth spurts more readily because they directly impact your schedule. During a growth spurt, your baby may be fussy and want to nurse longer or more frequently. This is normal. Increase the length of feedings and try to nurse more often, if possible. Fussiness associated with growth spurts usually only lasts two to four days. The end result is your milk supply increases to meet your baby's additional needs.

Nursing Strikes

This occurs when a baby suddenly refuses the breast. Sometimes a mother will think that her baby wants to wean when, in fact, the baby is becoming interested in her surroundings. This often happens around eight or nine months of age. Nursing strikes may have several causes, all of which can be handled with patience and understanding of your baby's needs. Some causes may be:

- Teething or gum soreness.
- Over stimulation from sights or sounds.
- Your baby testing control of his environment.
- Flavor differences of breast-milk due to changes in mother's diet.
- Reaction to a change in routine.
- Normal developmental stage of being distracted and interested in other things.

Leaking

Use direct pressure over the nipple if you are unable to pump. Crossing your arms over your chest is a discreet way to do this. Breast pads can be used inside your bra. Avoid plastic coated breast pads that can trap moisture. Wearing patterned clothing, a jacket, vests, sweaters or a long scarf may be helpful.

Mastitis

This is an infection due to incomplete emptying of the breast, fatigue and stress. You are sick and need time to recover. If you feel achy or have flu-like symptoms call your health care provider. You may need more time to rest, pump or express more often while away from your baby. Remember to eat and drink while expressing. ***It is very important to continue to breastfeed while you have mastitis.***

Engorgement

This can occur if your baby skips feedings or you and the baby are separated. Breasts may be warm and hard. You may need to pump more while at work. Warm compresses before feedings or pumping and gentle breast massage toward the nipple may help release your breastmilk and provide relief.



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